cedarwood essential oil uses

Essential oils are a mixture of fragrant compounds extracted from trees and plants. Traditional societies have employed essential oils and herbs as medicine for thousands of years.

Cedarwood Essential Oil Types

Cedarwood essential oil is steam distilled from the cedar tree's wood chips or sawdust.

Cedar trees come in a variety of varieties, each with its own essential oil. Because the chemical components in essential oils differ, different oils can be used for different purposes.

The following are some of the essential oils found in cedar:

Cedrus atlantica, Atlas cedarwood

Himalayan cedarwood, Cedrus deodara Chinese cedarwood, Chamaecyparis funebris or Cupressus funebris Port Orford cedarwood, Chamaecyparis lawsoniana

Juniperus ashei or Juniperus mexicana, Texas cedarwood

J. virginiana is a kind of Virginian cedarwood.

Some of these essential oils are also known by other names.

The most prevalent cedarwood essential oil in the United States is Virginian cedarwood, sometimes known as red cedar or Eastern red cedar.

Atlas cedarwood, often known as Atlantic cedar, is a widely used essential oil. The International Union for Conservation of Nature, on the other hand, considers this tree to be an endangered species. Because it isn't a protected tree, it can still be harvested and sold. Make sure the Atlas cedar essential oil you buy is from a sustainable source.

Benefits of Cedarwood Essential Oil

Cedarwood oils have been utilized for a variety of purposes, including:

Pesticide. Cedarwood oil was approved by the Environmental Protection Agency (EPA) in 1960 as a pesticide that prevents moths from devouring textiles.

Cedarwood oil does not repel mosquitoes particularly well, but it does repel ants, according to research. Ticks are also repelled by a component called cedrol, which is found in various cedarwood oils.

Treatment for acne. According to one case study, cedarwood essential oil improved acne that had become resistant to treatment.

Pain alleviation is provided. Cedarwood has been shown in animal experiments to reduce pain, edema, and inflammation.

Anxiety and stress relief Cedrol was also discovered to reduce anxiety in animals by increasing brain neurotransmitters. People who inhaled cedrol had decreased blood pressure and breathing rates, suggesting a soothing effect, according to one study.

More restful snooze is on the way. Cedarwood essential oil has a sedative effect. According to research, inhaling cedrol helped animals sleep longer.

Hair is growing. One study looked at the effects of cedarwood, lavender, and rosemary oil on alopecia, or hair loss. These oils were more effective than carrier oil alone in promoting hair growth.

Properties that are antibacterial Atlas cedar essential oil exhibits antibiotic efficacy against various bacteria, including Escherichia coli, according to test tube research.

Many of the claims made about the advantages of cedarwood oils require more research.

Cedarwood Essential Oil's Dangers

Cedarwood oil is widely considered to be safe. According to the EPA, there are no safety concerns regarding utilizing it in cosmetics or pesticides when used according to the label's directions.

Although essential oils can irritate the skin, reports of cedarwood causing skin problems are uncommon. Before applying cedarwood to your skin, dilute it with a rich carrier oil such as grapeseed oil or sweet almond oil.

Cedarwood Essential Oil has a variety of applications.

You might want to use cedarwood oil for the following things:

Take care of your hair. To encourage hair development, use cedarwood, rosemary, and lavender oils in your shampoo and conditioner. To stimulate your follicles, massage your scalp thoroughly.

Balls of moths. Cedar moth balls can be purchased for use in closets and storage containers. You may also manufacture your own by soaking cotton balls or cloth in cedarwood essential oil and hanging it in your wardrobe.

Assist with sleeping. To aid with occasional insomnia and encourage restful sleep, diffuse cedarwood essential oil in your room at night. For your pillow and linens, you can also use a linen spray.After a warm bath, massage with a drop or two of essential oil in a carrier oil to help you relax.

Destressing. When you're feeling stressed, diffuse cedar in your work place or at home. This can help you relax and relieve stress.

Treatment for the face. Use cedarwood oil as a spot treatment for pimples by mixing it with an anti-inflammatory oil like jojoba oil. You can also mix it in with your regular moisturizer.